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UM students in HHP Excel as researchers

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NEWS RELEASE

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UM STUDENTS IN HHP EXCEL AS RESEARCHERS

MISSOULA --

Three students in health and human performance at The University of Montana brought home top research honors from the 2001 Northwest American College of Sports Medicine Conference, held last month at Willamette University in Salem, Ore.

Quincy Bennetts, a senior from Great Falls, received the top undergraduate research award for her project on the effects in women of an electronic neck-cooling device on sweat rate, hydration and extended exercise in hot weather. She found no benefit to using the device during a two-hour walk in 100-degree heat.

Aaron Kelly of Seattle won the award for outstanding research done by a master's degree student for his study of systolic blood-pressure response in healthy individuals and those at risk for heart disease. He exercised study participants on a treadmill, a bike and an arm-cranking machine. By using a fixed heart rate during the three modes of exercise, he could see the change in systolic blood pressure and thus the change in work on the heart. His findings suggest that at-risk individuals need to reduce their heart rate when biking or using an arm-cranking machine as compared to walking.

Dustin Slivka, a graduate student from Lewistown, was a top-five finalist for the overall student research award, which included master's and doctoral students. He is

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developing simple tests to estimate use of oxygen at the ventilatory threshold, a marker of the level of work intensity that can be sustained for several hours. His work could lead to determinations of risk for heart disease, diabetes and high blood pressure from being overly sedentary.

A fourth student, Nobuo Yasuda of Missoula, will present his thesis project at the national American College of Sports Medicine meeting in May. His project, "Substrate Utilization During Arm and Leg Exercise Relative to the Ventilatory Threshold in Men," looks at differences in foods that provide energy for upper- and lower-body work.

The students worked under the supervision of exercise physiologists Assistant Professor Steven Gaskill and Associate Professor Brent Ruby at UM's Human Performance Laboratory.

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